

Meal Pattern Requirements
(weekly)
Grains Range=8-10 G EQ
1/2 of all grains must be whole grain rich
M/MA Range=8-10 oz.
Vegetable=3 3/4 cups
in appropriate subgroups
Fruit=2 1/2 cups Milk=5 cups

Fenner
Elementary
School Lunch



Menu Subject to Change

Lunch Fact
My Plate Recommends:

Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but are also good for you, too. Reference: USDA. MyPlate.gov. Internet <http://www.myplate.gov/>.

	Monday	Tuesday	Wednesday	Thursday	Friday
3		1 Happy New Year!	2 	3 Bread sticks with Meat sauce Chicken Patty on a Bun PB & Jelly sandwich ----- Carrots Corn	4 Nacho Grande with Meat, Cheese & a Roll Pepperoni Pizza Bologna Sandwich ----- Spinach Green Beans
4	7 Pizza Sub Assorted Sub PB & Jelly sandwich ----- Green Beans Sweet Potatoes	8 Turkey and gravy with Pasta Hot Dog on a Bun Turkey Wrap ----- Mashed Potato Romaine Salad	9 Chicken Nuggets with Pasta Cheeseburger on a bun with Lettuce & Tomato Bologna Sandwich ----- Carrots Mixed Vegetable	10 Soft Shell Tacos Chicken Patty on a Bun PB & Jelly sandwich ----- Broccoli BBQ Beans	11 Baked Mac & Cheese Pepperoni Pizza Turkey Sandwich ----- Tiny Peas Corn
5	14 Taco Salad with Tortilla Chips & rice Assorted Sub PB & Jelly sandwich ----- Sauteed Spinach Corn	15 Spaghetti with meat sauce & garlic bread Hot Dog on a Bun Ham Wrap ----- Green Beans Romaine Salad	16 Stromboli Cheeseburger on a bun with Lettuce & Tomato Bologna Sandwich ----- Baked Beans Fries	17 Pizza Grilled Chicken Patty on a Bun PB & Jelly sandwich ----- Mixed Vegetables Sweet Potatoes	18 Meatball Sub Pepperoni Pizza Tuna Salad Sandwich ----- Green Beans Cauliflower
1	21 	Promo 22 Baked Chicken with Biscuit Hot Dog on a bun Turkey Wrap ----- Mashed Potato Romaine Salad	23 Italian Dunkers with sauce Cheeseburger on a bun with Lettuce & Tomato Egg Salad Sandwich ----- Baked Beans Green Beans	24 Sloppy Joe on a Bun Chicken Patty on a Bun PB & Jelly Sandwich ----- Mixed Vegetables Cucumber & Red Pepper Strips	25 1/2 day COME JOIN US FOR BREAKFAST
2	28 Chicken & Cheese Fajita Assorted Sub PB & Jelly sandwich ----- Fresh Spinach Green Beans	29 Taco in a bag Hot Dog on a Bun Ham Wrap ----- Corn Romaine Salad	30 Pizza Roll up Cheeseburger on a bun with Lettuce & Tomato Turkey Sandwich ----- Italian Broccoli Black Bean	31 Grilled Cheese with Tomato soup Chicken Patty on a Bun PB & Jelly sandwich ----- Mashed Potato Sweet Potato Bake	

Offered Daily With all School Lunches:
Fresh or prepared fruits
(Must take 1/2 cup of fruit or veggies)

Non or Low Fat White or Non Fat Chocolate Milk Available Daily

Offered Daily
Pizza, Salad
Peanut butter and Jelly Sandwich

We serve the following items

Monday sub

Tuesday hot dog

Wednesday cheeseburger

Thursday chicken patty

Friday pizza

- Start with a:
- Vegetable
 - Fruit
 - Choose whole grain
 - Pick a lean protein
 - Add serving of milk
- Take at least 3***

This institution is an equal opportunity Provider and Employer